

Reducing the Risk of Vision Loss: 5 Steps to Take



**Comfort
Keepers®**

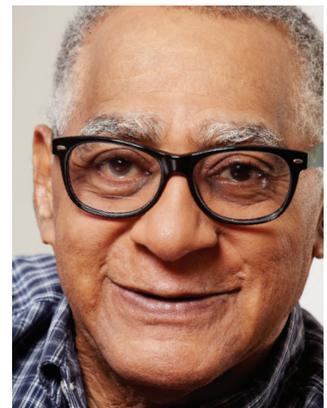
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Nearly 3 million Americans, aged 65 or older, suffer from vision impairment – a major contributor to disability, the loss of independence, and reduced quality of life. In fact, the loss of vision represents one of the most traumatic health problems that seniors can face.

While the chance of failing eyesight increases with age, there is a misconception that it should be taken as an inevitable part of aging. A gradual decrease in vision may be normal as we age, but it's not at all uncommon for seniors to have excellent vision.

Here are five steps that seniors can take to help keep their eyesight sharp and reduce the risk of vision loss:

1. Schedule a comprehensive eye exam annually (at a minimum), to check for:
 - Visual acuity (measuring sight at varying distances)
 - Pupil dilation (widening the pupil using drops, to determine signs of disease)
 - Tonometry (measuring fluid pressure within the eyes)
2. Protect eyes from ultraviolet light. If going outside when it's sunny, be sure to wear a wide-brimmed hat and sunglasses.
3. Don't smoke, or take steps to quit. The chances of developing eye diseases increase dramatically if you smoke.
4. Exercise regularly and follow a healthy diet (with physician's approval), with foods high in antioxidants, omega 3 fatty acids, vitamins A and C, and magnesium. Pay close attention to sugar intake especially, as studies indicate sugar has a significant impact on eye disease formation. Always check with your physician before making any dietary changes.
5. Notify your optometrist immediately if you notice any changes in vision.



Comfort Keepers® Can Help

The compassionate, professional caregivers of Comfort Keepers® can help seniors and other adults live comfortably at home, even if they struggle with diminished vision. They can provide mobility assistance, meal preparation, and help with activities of daily living. Additionally, caregivers will drive clients to scheduled optometrist appointments and other places in town.

Contact Comfort Keepers today to learn more about how in-home care can make a difference in the lives of seniors in the community.

Serving New Hanover, North Brunswick, Pender, and Onslow Counties

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